

## Spectra5 Autism Assistant App

This leaflet will cover:

- What is the Spectra5 app
- Why use Spectra5 and who is it for
- What features does the app contain
- Which devices and versions is the app available for
- How we protect your information and privacy
- How to set up your Spectra5 App

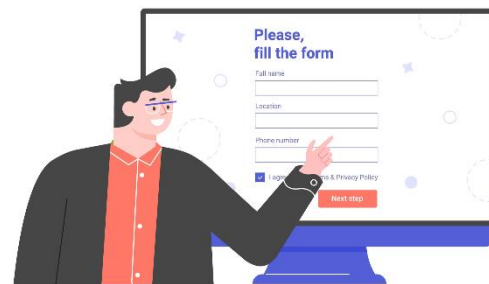


### What is Spectra5?

Spectra5 is Autism Hampshire's Autism Alert App. It's been upgraded & you can enjoy the benefits of the new improved version by following a few steps.

To apply for your Spectra5 app, please fill in the Spectra5 application form.

To access the application form please [click here](#).



### Why use Spectra5 app?

The app is designed to support you in situations that you find challenging and enable you to communicate more effectively.

The Spectra5 app can be helpful in your daily life whether you're at:



Work



Education



Leisure

Watch our short animation video to see how and when your app might be useful.

Click on the video or [click here](#) to watch.



## Who is Spectra5 app for?

The Spectra5 Autism Assistant App is free for adults who are on the autism spectrum and who live in Hampshire, Isle of Wight, Portsmouth and Southampton.

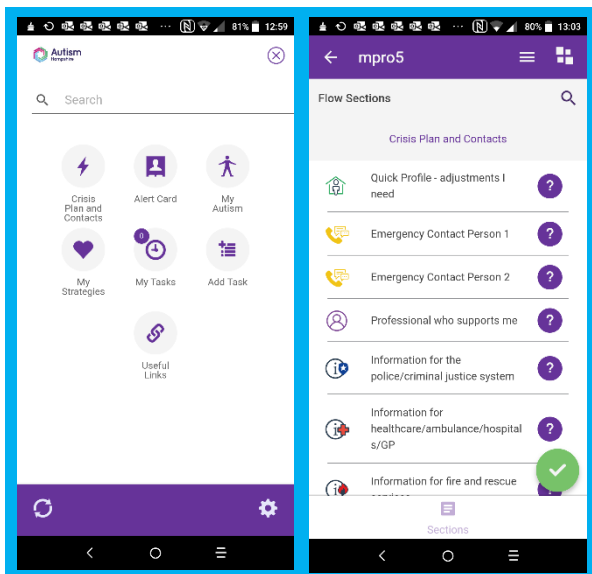


Download the Spectra5 app on your smartphone or tablet (android or iOS) and you can:

- Edit all your information on your smartphone or tablet
- Email selected information from your app
- Access a personal web page to change and update your own information



## What's on the app?

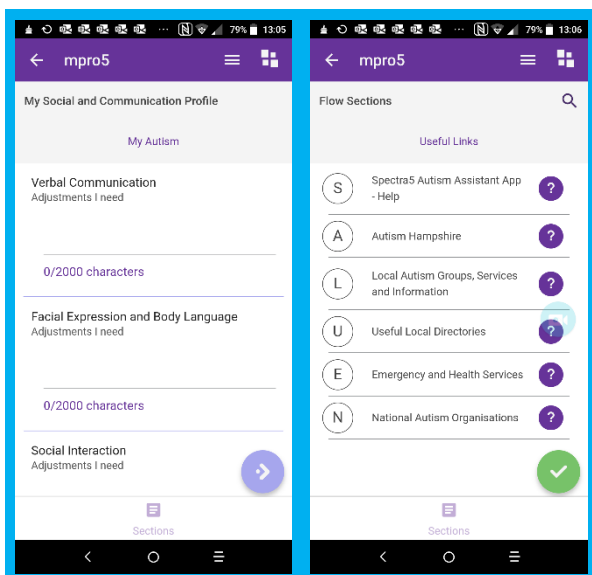
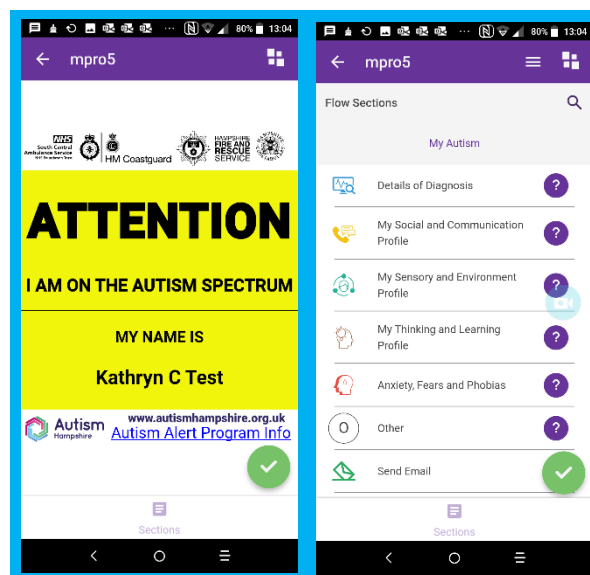


**My Autism** – a form where you can include detailed information about different adjustments that help you.

**My Strategies** – a form where you can list your personal strategies for coping in situations you find challenging, to use as a reminder when you are in a challenging situation.

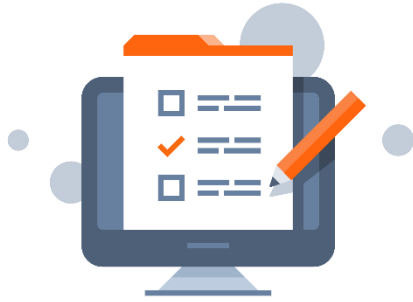
**Crisis Plan and Contacts** – includes a quick profile, emergency contact details and space to include information which might be particularly useful to the police or emergency services.

**Autism Alert Card** – an electronic version of the Autism Alert card.



**My Tasks** – a useful organisation tool where you can set yourself tasks. You can send confirmation when you have completed a task or an alert to indicate that you haven't completed a task.

**Useful Links** – a section which provides web links to autism and emergency organisations, including details of services that Autism Hampshire can offer, other local and national autism local directories that may be useful, how to report a crime and much more.



## More about how to apply for Spectra5

Fill in an application form (see link above) or [click here](#) to get access to your Spectra5 app.

If you need a paper form or need assistance, please email: [information.advice@autismhampshire.org.uk](mailto:information.advice@autismhampshire.org.uk)



To be eligible for the Spectra5 app, you will need evidence of a diagnosis. The application form will show you how to do this. If you have one of our yellow Autism Alert Cards or if you already have the app, you will not need to show this evidence again.

If you believe you're on the autism spectrum but do not have a diagnosis, please contact us to see if we can allocate an app for you.



Within 10 working days you will receive an email which provides you with details about how to download your app and access your web page.

## Which smart phones or tablets can be used with Spectra5?

The current build of the app is compatible with all iOS and Android devices if they meet the following requirements:

### iOS

- 10 or greater required
- 11 or greater recommended

### Android

- 4.4 or greater required
- 5 or greater recommended



If you look in **settings** on your device, you can find out which version you have.

## How we protect your information and privacy

Your privacy is very important to us at Autism Hampshire and we take data protection very seriously. It is a requirement that users of our app:



- Protect your phone or tablet with a strong passcode, to protect all the personal information on your device.
- Use a strong password to protect your website access
- Read Autism Hampshire's Privacy Statement, which includes a Spectra5 Autism Assistant App Privacy Policy.

## App set up information

For Information about setting up the app [click here](#) for the Spectra5 assistant app help sheet.

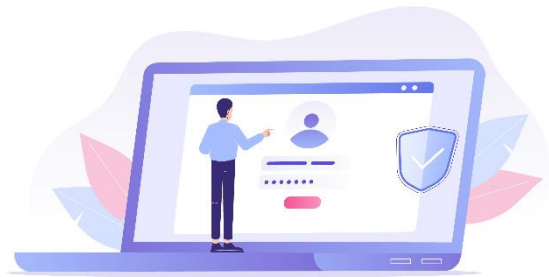
## How to use your web page

For those who would like to insert their details using a computer, we offer access to a website.

The app pages can be edited using the website. [Click here](#) to edit your app pages and follow the instructions below:

To log in:

- 1) click on the 'login' button on the top right
- 2) enter your username and password as for the app
- 3) this will take you to your home page.



**Please note:** Changing your password on the app **will not** change the password on the website. This must be done separately.

You can edit your app pages and your tasks via the website.

We have created short guides to help you use the web page. You will be asked to download a flash player to watch these guides.

1. For a guide on how to edit your app pages [click here](#).
2. For a guide on how to edit your app tasks [click here](#).